

**What Is Claimed Is:**

1. A buffer cushion (1) for automobile seats, comprising:

a main air chamber (2) having a size corresponding to the sizes of the automobile seats;

5 an auxiliary air chamber (3) having a relatively smaller size than the main air chamber (2);

an interconnecting chamber (4) formed integrally with the main air chamber (2) and auxiliary air chamber (3) for communicating the main air chamber (2) and the auxiliary air 10 chamber 3 with each other to allow air injected into the buffer cushion to freely move between the main air chamber (2) and the auxiliary air chamber (3); and

adjusting means (5) that is mounted on the auxiliary air chamber (3) for buffering the impact applied to the main air 15 chamber (2) and adjusting a buffering force when the impact is applied to an automobile seat in upward and downward directions,

wherein the adjusting means (5) includes:

a casing (6) for accommodating the auxiliary air chamber (3) therein, the casing having an adjustable slit (11) formed 20 thereon;

a pressuring plate (7) disposed at the inside of the casing (6) and axially mounted at one side thereof to the casing by means of a hinge pin (8); and

25 a plate spring (9) mounted on the pressuring plate (7) for pressurizing the pressuring plate (7) at a predetermined spring

elastic coefficient, the plate spring having an adjusting bolt (10) fixed to one side thereof through the adjustable slit (11) to be moved forward and backward along the adjustable slit.